



DAS (R)EINE VOLK - FOLGT DER (R)EINHEIT!  
**(R)EINHEITSGEBOT # 11**

ENGLISH TRANSLATION

Fresh to work, comrades, the new age does not wait for dawdlers and certainly not for losers!

Some of us pride ourselves on our spiritual abilities, but regarding the soul and above all the body, they are a rivet, which in this world is of enormous disadvantage. In other people however the distribution of bodily powers is different in many ways. To fulfill all **THREE** components of what is known as the human perfection of being, the TRINITY, perfectly, requires of the mind behind it a power of the will, which nowadays a) is admired from all weak-willed and never fulfilled by themselves, and b) is very rarely to be found even among the pure. Hence the words of the Isais:

"(102) **There are few**, considering the whole, and also from that little in number. "

That, which we are, is hardly present even within the pure people. Triune potential of BEING is lacking in today's age. All the more important to strive for the best, in order to receive the best in this. Take care of your children, that they may be pure!

Recruits, most of them from special units of former secret service forces, who applied to my training camp for the purpose of liberating our homeland, first had to pass a general test. After all, I had previously had a lot of experience with such so-called 'specialists', thinking, that they were well prepared for special missions, so I dragged them 140 kilometers with backpack at 50 degrees heat through the Portuguese desert, with the result: Death was not so far away anymore, while the men of my school accompanying us were still quite cheerful, whistling a happy little song, now and then cursing my "shitty methodology", wishing me to Yahweh, but in the end they grew a considerable amount on their way towards SELF realization. For myself such a cheerful walk in sunny weather is not a big deal, although I prefer ice bathing and ice swimming in the winter, due to of my nordic origin. It always depends on, with everything that man does: WHAT DOES ONE THINK! If one makes this little test difficult for himself, it will also be difficult. When I start such a project, I can only think about how much I look forward to the beautiful, cool drink, while bathing in a cool lake. Already the whole situation is just a **TEMPORARY scenario** filled with joy!

Due to this the explanation of the aptitude test.

In the past few days we received some messages, very angry readers, who said they were - despite degenerative cooking of the food- at the peak of their performance. From this I want to convince myself, but, there are limiting factors, ... I explained my current and also temporary situation already.

To be on a high of ones life by means of cooking food, well, I can believe it, but this life is in no way comparable to the life of one of my men for example. One can come from a bad environment, swing up into the bright heights by means of self-empowerment, and also be satisfied with this, but compared with the truly high, powerful, bright, this state only represent a marginal something.

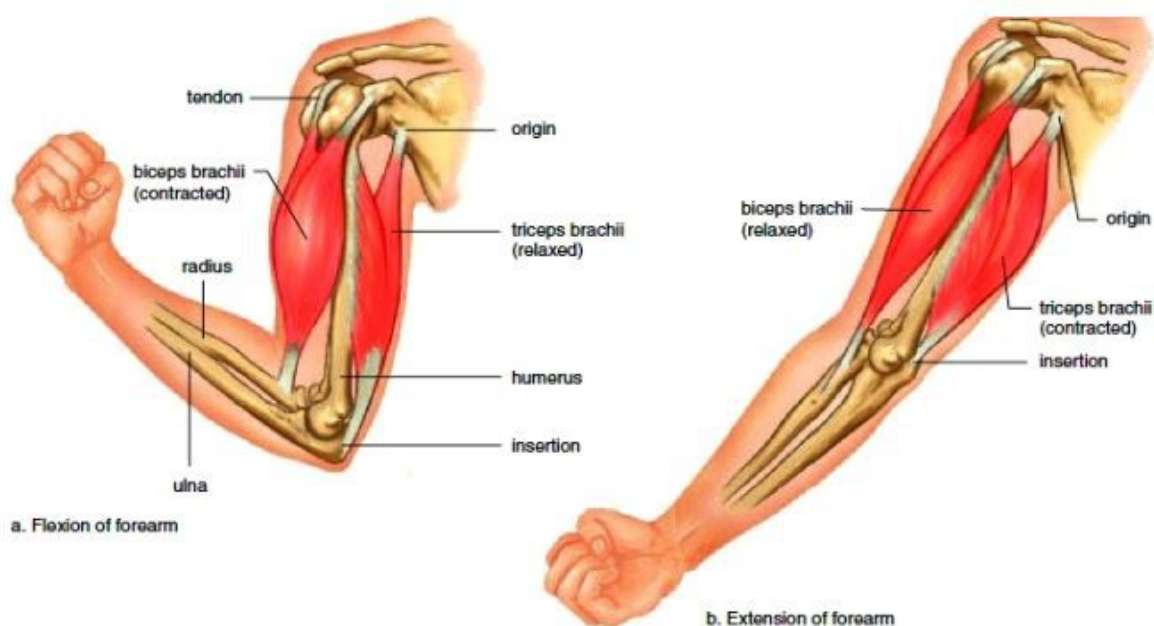
But, before we strive for your health, studying the facts of the DOCTRINE OF SALVATION repeatedly, each one for himself, on the basis of a very simplified aptitude test, may determine the current state of his **physical fitness**, which is so essential for your absolute and never wavering bliss. Lets take a little tour in the knowledge of combined kinetics.

Please drink enough water, barefoot or very comfortable shoes, and now you walk (not running/ not jogging) 10 km briskly at a stretch. This distance can be covered within 100 minutes. Sounds doable, it is not necessarily difficult either. Walk upright, use your arms to swing! Breathe deep into your lower abdomen. Push off with your calves, do not walk so much from the hips, they suffer under this wrong gate. Your muscles, if well trained, serve your movement, the skeleton supports your body. Of course this first test was no problem for you, I am sure of that. You are not such a loser, who rapes their sofa at home, the "motionless Phenomena".

Let's go to the second step, the test of your physical strength. Your legs contain the strongest muscles of your body, this is where you absolutely have to perform. A little, rather easy exercise:

100 squats. Stand up straight, feet about shoulder width apart, toes slightly pointed outwards, your butt goes lower, than your knees. The back is perfectly straight, the heels always stay on the floor. Let yourself go down slowly and at the low point you shoot up in a straight line without jumping. This was not difficult, I know. After 100 squats you take a breather for 180 seconds, then repeat the exercise again. Wonderful, you have done the exercise of 200 squats. One of the secrets of a healthy body: the performance of the muscles in the area of contraction and flexion. High performance in muscle contraction (without cramping) means, that the muscle can be used under high tension over a long period of time (time under tension). This is different with overtrained strength athletes, who are able to move a lot of weight with a lot of momentum, but if they keep their large muscles under tension and thus contraction, the result very quickly is a muscle cramp, the large muscles can hardly be supplied fast enough with blood and nutrients.. A second critical issue in the field of cramps is the so-called "quick start". People, who want to achieve a lot in training quickly, train infinitely hard and train far too much, preferably 7-14 times a week, i.e. twice a day, to complete their weight training and thus often damage their organism more, than if they stopped training altogether. Three to four times per week strength training, such a workload is perfectly sufficient, because: *"Strength lies in rest. Those who rests a lot, achieve a lot."*

Quick starters quickly build up a good usable muscle mass, but within a too small period of time, so that the tissue around the muscles can not adapt to the fast growth. Tendons and blood vessels are very quickly damaged by the high density of the muscles (1.3-1.7 kg/liter!) displaced or squeezed. The limbs of these people fall asleep very often or, in the worst case, they suffer from extreme cramps. A sign of training too hard. Take it easy!



Now, this does not mean complete motionlessness, the middle of walks at the fresh air, bathing in cold lakes or rivers and hard strength training. Here you are at home!

To test your flexibility, please stand straight as a die, your arms stretched 90° in front of your body, legs straight, feet about 20 cm apart. Now just bend your hips forward. Do not buckle, don't hump, your back stays straight like a board, go slowly forward and further and further down, as your ligaments allow it. If you can't get any further, then stop, breathe calmly during the exercise. You notice progress in small steps, but keep the straightness of your back and do not bend the legs. And

further and further and further and further. At some point you will touch the floor with your palms. At minute 10 you can watch how this will look like:  
[https://www.youtube.com/watch?v=L\\_xrDAtykMI](https://www.youtube.com/watch?v=L_xrDAtykMI)

If you are too stiff in the tendons of your hamstrings and your gluteus muscles, it is time to stretch them slightly to get them in the right shape, so that the flow between upper and lower body can be restored. People, victims of such 'healthy' home cooking, especially the cooked food, only put on muscle up to their 30th year of life. After this it goes downhill, with both muscle building and bodily functions, their senses are diminishing. You can prevent this, due to your knowledge. Make knowledge into wisdom and you will grow beyond yourself. Composting oneself is subject - like everything in the fictional world - to free will. One, who does not want to listen, who always and constantly wants to stuff this degenerated food into himself, won't experience the "Kingdom of the heaven" (of the SELF) on earth under any circumstances, since this is, only for repetition, not a fixed state construct in the usual sense of ages long past, but the conscious creation of highly spiritual wisdom beings (SUPERHUMAN) on Irtha.

An examination of your shoulder muscles is now due. Stand straight, both arms stretched 90 degrees laterally angled from the body. Try to grab something distant with both arms, go into the stretch, tense all three shoulder heads. Now stay like this for 300 seconds without moving and without cramping. Well, hard? Then you now know, that you don't have enough muscles in the shoulders to support you. Do this with a tiny little weight, say 3 kg per side ... impossible. Practice this exercise several times a week and you will build up enormous holding muscles.

Our brother Tyson now shows one of the most important lower body exercises, the lunges. Unilateral Training has the advantage of training muscles separately and uniformly, but always at the same time training a certain percentage of the side not being used. Using momentum, that means not taking the strength from the muscle, to get the weight moved, minimizes your strength and thus the growth of your muscles considerably. Are you perhaps a hammer or javelin thrower, well, then I didn't say anything, but in strength training, cheating has no place.  
<https://www.youtube.com/watch?v=2zsAjKGktG4>

To this variant I must take a stand. I am not a friend of static training, since I like to move in nature, combining my usual movement with fitness exercises. I walk, while doing lunges. That means, I push myself off the front leg and put the back leg then forward to the next lunge. Try it and you will see, a backward leaning does not occur at all in this exercise. Your back leg always almost touches the ground, a considerable stretching occurs. Take 18 steps left, 18 steps right, so you complete a distance of about 40 meters with lungeing steps. After that you enjoy 60 seconds break and you repeat the exercise two more times, in total 108 lunges. And now feel your quadriceps and the pleasant pump in the glutes.

For the upcoming exercise you need such push-up grips:  
<https://www.amazon.de/dp/B00EZ24EVA/?tag=liegestuetzgriffe-expertentesten-21>

They enable you to stretch your shoulder, chest and arm muscles better, because you can lower your body deeper into the bend and thus generate force even below zero. More strength, more muscles, less weak fat and also more detoxification. You lean firmly on the handles, which are about shoulder width apart, generating strength in your hands, a firm grip now holds your body. Your whole upper body is stiff like a board, as it were just like one. Do not bend the head, do not look forward, the cervical spine forms a straight extension of the thoracic spine.

Now inhale, hold your breath, let yourself down slowly (time under tension) into the stretch and, as soon as you reach the lowest possible point, you tense your body even more and catapult yourself upwards, expelling breath together with the toxins. This exercise initially consists of 15 repetitions. Afterwards 60 seconds break, shake out your arms or let the whole body fidget calmly, so that the



tension is released. After the short break you do another 15 repetitions ... 60 seconds break and a third time 15 repetitions. This should be enough to show your fitness performance in the breast triceps area. Of course you didn't mind this little training, did you? If you did, you are now aware of your defects.

A carpet beater, a climbing park or even a professional rack for pull-ups should test your strength in biceps and back. Hands about 75 cm apart, you hang straight as a die, you always stay that way. Your legs do not kick and bump, you do not distort your whole body during this exercise. According to the instructions of our brother in the video linked below, you first draw your attention to your shoulders, then only with your arms, this if possible 7 times. After this effort you treat yourself to 60 seconds, as before, repeat this exercise two more times, in total, if possible, 21 pull-ups on your list. <https://www.youtube.com/watch?v=etZ16tMETZw>

If you fail to complete one, several or all of the exercises according to the freely chosen guidelines, it is not a tragedy, but shows the state of your present physical condition. Who now thinks, that these specifications correspond to those of the special units applying to us, is very much mistaken, they have to walk 30 km within 300 minutes, with 17 kg luggage and through rough terrain; 5 x 100 squats; the shoulder-holding exercise takes 600 seconds; lunges they do 5 x 50, push-ups 5 x 25 and pull-ups 5 x 12. And that, dear friends, is the lowest category, to be considered appreciatory as a candidate within the active force of military operational teams! After successful completion of the training, the warriors laugh about such simplicity. How real fitness can look like, just as an example:

<https://www.youtube.com/watch?v=JKfcjPmlo9c>

<https://www.youtube.com/watch?v=ZewGON5hJPk>

But what changes during the 24 months of training for the warriors? They learn how, in the ancient holy times of our people, the boys from the age of 12 were trained in their physical and mental strength. Repetition makes the master. You can be the worst pianist, after 10,000 hours of practice every idiot is a master at it, lacking is only, as always, at the power of endurance.

Degenerative food lets every organism degenerate accordingly - more simply the mistake of most people can not be described. Low-energy food does not provide energy for the organism. If you think you are losing weight by eating 'tasty' salads and eating healthy food, you are mistaken in your assessment. 100 grams of walnuts contain a complete nutritional spectrum for the healthy human body. If you eat too many walnuts, you lose weight instead of gaining weight. Who eats too much salad, let's say I would eat more than 200 grams of salad per day, my acid reflux - the warning sign for unhealthy food - would eat me alive. Clearly, with such high amounts of food the body also immediately reaches for the remedy for overeating: digestive juices. Only these, with little amounts, do nothing, concerning nutritional. Acidification, however, puts people in an acidic environment, the body perishes at the hands of the wrong control unit, the belief, the mind.

From so little nutritional essence in food, not MUCH of body substance and certainly not power can arise. Strength results from hard training in combination with right building material for muscle cells. Fat supplies power from high calorific values, proteins, i.e. amino acids, are the building materials for all cells. Vegan proteins build silicon cells, carnivorous proteins build the well-known lower matter profile.

So in the future two human races will inhabit this PLANET: The beings consisting of light cells together with their lower slaves. Everybody creates his or her own happiness value on Irtha, the level of our examinations and teachings. A part of humanity wants to be very far down and will have to continue to 'enjoy' its perfection in the future.

In Liebe und Verbundenheit,  
:*friedrich wilhelm thomas* aus dem Hause Neubert  
(As always, so also today: Pass on this message to the millions within our pure folk!)

Contacts

[FRYASVOLK@protonmail.com](mailto:FRYASVOLK@protonmail.com) [KOENIGREICH.PREUSSEN@protonmail.com](mailto:KOENIGREICH.PREUSSEN@protonmail.com) [HEIMATHPOST@protonmail.com](mailto:HEIMATHPOST@protonmail.com)  
[HEILSBOTSCHAFT@protonmail.com](mailto:HEILSBOTSCHAFT@protonmail.com)  
through channels of beloved brothers & sisters on TELEGRAM : t [.me/GOETTERDAEMMERUNG](https://t.me/GOETTERDAEMMERUNG) and  
[t.me/ForPeaceAndFreedom](https://t.me/ForPeaceAndFreedom)

(The author does not make any COPYRIGHT claims for this work, but requests in case of public representation of its intellectual property the **complete and unaltered** reproduction of the full text)